

Watching the Brain at Work

USES FOR THE NEW MUSCLE
BED INSTALLED AT YALE

NEW HAVEN, Feb. 27.—"Senator Hanna sacrificed his physical well being by his mental labors, and when typhoid fever seized him he was not able to combat it successfully," said Dr. William G. Anderson, director of the Yale gymnasium, in discussing the new muscle bed which has just arrived at the gymnasium, and which is to be used by the professors in preparing for just such emergencies as that Senator Hanna had to meet. "Senator Hanna should have lived fifteen years longer, but for years he was constantly sending an undue proportion of blood to his head without developing correspondingly other parts of his body, and when a great tax was put on the organs they were worn out from supplying the head, and gave out."

"With men who use their heads constantly as did Mr. Hanna, the blood supply for the brain is dependent, of course, on the heart and the muscles of the center of the body. These parts of the body are constantly being used to pump into the brain the requisite supply of blood, and if they are taxed continually without in turn being developed properly, and if new blood is not sent in to them to refresh them, an unexpected demand on them, as in fighting disease, is almost sure to result in their giving out."

Dr. Anderson's muscle bed, the only one of its kind in the world, will show just what exercises are most beneficial in building up those parts of the bodies of the Yale professors and students that are overtaxed by mental concentration.

Several years ago Dr. Anderson, while in Sweden, was asked by an instructor in athletics there for a practical way of determining the center of gravity of a person. Jokingly Dr. Anderson suggested that by swinging a man around a swinging bar until he became giddy would give it approximately.

With this idea in mind Dr. Anderson went to work on the muscle bed, with the result that he has now perfected what he regards as one of the greatest aids in physical development. By this instrument he can tell how much real good a certain set of exercises does in driving the blood supply to certain weak spots. What was a matter of speculation in regard to exercise can now be definitely settled by this bed. About a year ago Dr. Anderson finished and set up in the gymnasium a rough model of this bed, and on it tested many of the Yale athletes and professors.

The new muscle bed is a board about seven feet long on two knife blades, one on each side, and so delicately balanced that the steps of a person entering the room set it vibrating. The equilibrium of the bed is determined by a spirit level. An indicator on the side tells the angle of variation and a scale gives the degrees of vibration brought about by certain exercises.

A person placed on the table is first told to solve some easy mathematical problem involving the multiplication table. As he concentrates his attention on it the table vibrates and the indicator moves very slowly toward the head, where the blood is being forced by the mental concentration.

Then Dr. Anderson gives his subject a problem whose solution requires greater effort, the head of the table moves further downward as the center of gravity of the subject rises. Frequently a change of three or four inches in a person's center of gravity is observed under these conditions.

In order to reverse things and call the blood away from the head the student is told to lie perfectly still and dance a jig in his mind. If a piano is near and the music is started, although the subject does not move at all, the head of the muscle bed rises as the blood rushes to the feet at the summons of the thought of a dance and the person's center of gravity is lowered.

By several sets of exercises and by playing men on the bed after each set can determine by the readings which set sends the greatest amount of blood to the desired spot with the least exertion.

"I have been able to tell a certainty," said Dr. Anderson, "just what exercises are most beneficial for the man with weak lungs, for example; that is, what form of exercise can be given to the patient which will tire him least and yet give him the best blood supply."

"At examination time, for instance, I put a student on this table just after a severe test of two or three hours and the bed will show at once when the greatest amount of blood is in the head, and then exercises can be prescribed which in the shortest time will put him back into shape again."

"Few professors or other persons who use their heads a great deal realize the importance of washing out the body with pure arterial blood every day, and this can only be accomplished by proper exercise of parts not used in the everyday business. A man who is using his brain eighteen hours a day is putting a tax on his heart and the organs of his trunk that they cannot stand unless they are properly trained."

"There are really two brains, the motor area, or muscle brain, and the higher sensory, or mind brain. Now the strengthening of the first is going to help the second, for they are closely associated."

"A man studying year after year one subject, which taxes a certain small part of the brain, and failing to develop adjacent parts of the brain, is running a great risk of suddenly having the used part go back on him and then not being able to draw for force on adjacent parts; he is done for and so-called heart disease is the result, though in many cases the heart may be in normal condition."

Many of the Yale professors have made various experiments with the bed and are trying certain sets of exercises to counteract the effects of too great mental application. By means of this bed it has been demonstrated that exercises in which the person takes a deep interest, such as outdoor games, show better results than monotonous indoor exercises in the gymnasium.

"Where a man puts his mind on the exercise the results are a hundredfold more beneficial," said Dr. Anderson. "The supply of blood to various parts of the body is not increased very perceptibly by monotonous exercises on the gymnasium floor, for example, but let a man go into some game where his mind becomes engaged and the blood supply is greatly increased and the result is different."

"That is the secret why outdoor games—rowing, baseball and football—are so much more beneficial than work in the gym. Years ago a prominent professor of ath-

letics told me that he thought that exercise in which the mind was interested was more beneficial than mere routine work, but no one dreamed of the great difference in the results obtained until the chart in the muscle bed was read."

"For that reason the daily walk of the professional man as a constitutional does not amount to much as a beneficial agent, as he carries with his worry him and the circulation is not increased; but if he goes out and plays golf, for example, the blood goes dancing through his veins."

"Outdoor exercise cannot be indulged in, the best results, according to Dr. Anderson's muscle bed, are obtainable by working before a mirror, where the muscles can be watched as they expand. 'Here at Yale,' said Dr. Anderson, 'we count gymnastics as only a small part in physical development. Physical development is valuable not in muscular fibers, but in brain results.'"

"The value of this development in its effect on the central nervous system is one of the things impressed on the students. I have never known a student to commit suicide unless there were some organic physical disarrangement at the bottom of it."

"In connection with the professors of mental philosophy, the Yale gymnasium is now working to impress on the students who leave Yale the importance of all round development. Some of the greatest men of the country seem to be blind to this feature and rush on in a way that is certain to end disastrously."

"President Harper of Chicago University, for example, is devoting all his time to the mental side, with the result that sooner or later he is going to feel disastrous effects. If he had not been built along strong physical lines with a thick deep neck he could not have stood the pressure so long as he has."

MR. ROOT BROKE A RULE

When He Resigned as Secretary of War to Resume Private Law Practice.

When Elihu Root withdrew from the office of Secretary of War to resume the practice of the law and announced at the same time that he was a candidate for no political office he broke what has come to be in recent years almost a recognized rule. This rule is that the Secretary of War when he leaves office goes to the Senate.

Redfield Proctor, appointed Secretary of War in the Harrison Cabinet in 1889, has been senior United States Senator from Vermont since November, 1902.

Stephen B. Elkey, Secretary of Virginia, his successor in the office of Secretary of War, has been United States Senator from West Virginia since March, 1903.

Russell Alger, Secretary of War in the original McKinley Cabinet, has been a Senator from Michigan since September, 1902.

Don Cameron of Pennsylvania, last Secretary of War in the Grant Cabinet, became United States Senator from Pennsylvania at the close of his service in the War Department and remained Senator for twenty years until succeeded by Boies Penrose.

The father of Senator Don Cameron, Simon Cameron, held the same office under a previous Administration and after his service in the War Department became a United States Senator.

TOLD BY PRESIDENT HADLEY.

One of the Stories That Have Won Fame for Yale University's Head.

President Hadley of Yale has won a wide reputation as a teller of good stories. His wonderful memory has stood him in good stead here.

"I have heard him tell stories for five years now," said a Yale man recently. "I have never heard him repeat a story."

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GEN. CHARLES DICK OHIO'S CHOICE FOR THE SENATE.

His Rise in Eleven Years From a County Auditorship—His Able Political Campaign—Fought Before Santiago—A Type of Old-Time Statesman.

AKRON, Ohio, Feb. 28.—From County Auditor to United States Senator in eleven years is a career of which to be proud, and the friends of Gen. Charles Dick in this city are pointing to his rapid rise in the political arena as a sample of progress along these lines seldom equalled since the old days when it was the proper thing for a man to graduate from the log cabin to public life at a bound.

Gen. Dick looks like an old-time statesman. A wide forehead from which the hair is brushed back is reminiscent of the pictures of Clay and Webster, and Gen. Dick needs only the addition of an old-fashioned stock and a coat with wide peaked lapels to pose for such a picture.

He looks a leader of men. In a crowd he would be picked out at once as different from his fellows, and while he is always quiet and unassuming, there is something about him which would cause a man to think twice before doing anything calculated to arouse his anger. His eyes, while they are not gray, cannot be called blue, and when he is talking his glance is penetrating and he is a brave man who can lie to Dick and meet that gaze without flinching.

The General's fondness for a broad-brimmed soft black hat, after the style of the campaign hat worn in the army, attracts attention wherever he may be. This hat is a black string tie, a characteristic of him, but he neither affects the long cutaway or the frock coat for which so many men in public life are noted. His fondness for the soft hat he attributes to the fact that in his army experience he found it comfortable, and still finds it so.

Charlie Dick, as he is familiarly known in this city, where he has lived all his life, became identified with politics when he was little more than 24, and he has been constantly engaged in politics ever since.

At that time he was elected Auditor of Summit county on the Republican ticket. Born in Akron in 1849, he received the educational advantages the public schools afforded, and began life as a clerk in a hat store. For six years after that he was bookkeeper of the Akron Citizens' Savings and Loan Association, and then for two years he was in the office of a moving machine company. When he left that company he formed a partnership with L. C. Miles in a feed and commission house business.

Meantime he had made a host of friends among the taxpayers of the county, and also a bitter enemy. Ohio C. Barber, president of the Diamond Match Company, is the man who dislikes Dick, and it is probable that his opinion will never be changed. The plant of the company was, in those days, in this city. As Auditor of Summit county Dick instituted a suit for \$200,000 for back taxes against the company, and Mr. Barber has never forgiven him. But not only has he never forgiven Dick, but he soon afterward transferred the office of the company to Chicago, and removed the plant to Garberton, a town founded by him and since grown to a small city.

As chairman of the Republican executive committee in Summit county Gen. Dick displayed marked ability as an organizer and campaign manager. These qualities, together with his remarkable capacity for hard work, his geniality and personal magnetism, made him also secretary of the State committee. In 1892 he was chosen by the Republican workers of the State to conduct the Ohio campaign, and although the party narrowly escaped defeat that fall, owing to peculiar conditions which confronted the country, so pleased was Gov. McKinley with the exceptional talent exhibited by the new chairman that he insisted upon his continuing at the head of the executive committee.

With Gen. Dick at the helm the Republican plurality of 81,000 in 1892, 137,000 in 1894 and the large pluralities every year since, until 1902, when Gov. Herrick was elected by more than 100,000 and Senator Hanna was reelected by the largest vote ever given to a United States Senator, gave ample evidence to the Republicans that Gov. McKinley's confidence was not misplaced.

In 1892 Gen. Dick was chosen as one of the delegates to the Republican national convention at Minneapolis, and in 1898 he was again honored by being selected as delegate to the national convention which nominated McKinley for President. In the campaign of 1898 he had sole charge of the Western headquarters of the national committee, and that capacity gained him the laurels as a political fighter.

After the election of McKinley to the Presidency, he was made secretary of the Republican national committee, and served at that capacity until the campaign of 1900, when he withdrew at the request of President McKinley, who felt that his interest in Ohio could be best served with Gen. Dick at the head of the State executive committee, a place he had resigned when he was made secretary of the national organization.

From his earliest connection with the county committee the opposition newspapers have had frequent occasions to devote time and space to Gen. Dick; but while repeatedly referring to his "fine Italian hand" in matters of political generalship, even his most bitter opponents have never intimated that the "fine Italian hand" ever held a stiletto, or that it was ever raised to strike an enemy in the back.

While Auditor of Summit county Gen. Dick spent the time he could spare from his duties in reading law and several years ago he was admitted to the bar, having passed the examination with a magna cum laude mark. In 1881 he married Miss Carrie M. Peterson, daughter of the late Dr. J. H. Peterson of this city. To them seven children have been born, two of whom are dead. The eldest, a boy, Carl, is 16 years old.

Gen. Dick's military career began in 1865, when he was elected Captain of Company B of the Eighth Ohio Regiment of the National Guard. He was chosen Major of the regiment in 1868, then was made Lieutenant-Colonel, then Colonel, and at present is Major-General of the National Guard of the State. With the Eighth Ohio, known as the "President's Own," from the fondness for the regiment evidenced by President McKinley, he went as Lieutenant-Colonel to Cuba at the outbreak of the Spanish-American War. This was the Ohio regiment which reached the firing line at the siege of Santiago.

He remained with the regiment until ordered north by Gen. Shafter with important despatches for Washington, and during the danger from disease which threatened the soldiers about Santiago and urged the necessity of a change of base. There was a compliment to Gen. Dick in the mission, for Gen. Shafter is said to have first chosen Lieut.-Col. Roosevelt as the right man to make the trip.

"Well," Roosevelt is said to have replied to Shafter, "I will go, but I know a man who can perform the task far better than I."

"Who is he?" asked the General. "Lieut.-Col. Dick of the Eighth Ohio," said Roosevelt, and Col. Dick went the same day.

But before he reached Washington the famous "scurvy robin" had brought post-haste the desired orders for transportation North. Col. Dick was also the bearer of other important documents, among them a map showing the position of troops about Santiago, sent by Gen. Shafter to President McKinley. The map was presented to Gen. Dick by the President. It is one of the most treasured of the General's possessions.

At Montauk Point Gen. Dick rejoined his regiment when it returned from Cuba, and devoted his time to making his men comfortable, and to Mrs. Dick, who remained with him while the regiment was at Montauk Point.

After the death of Congressman Northway of the Nineteenth district Gen. Dick was elected for a short and then for a long term in Congress. He has been renominated and returned at every succeeding election without opposition, and as chairman of the Militia Committee introduced and secured the passage of the bill which revised the country's military system.

Gen. Dick, like President Roosevelt, is a believer in the strenuous life. His children live out of doors whenever possible, and they are as happy and whole-souled a lot of youngsters as can be found.

BILLY TAFT AS A RUSHER.

Julian Curtis Gives College Reminiscences of the Secretary of War.

BALTIMORE'S YOUNG MAYOR.

ROBERT M. MCCLANE'S GOOD WORK AT THE BIG FIRE.

The City's Escape From Disaster and Looting Attributed to His Executive Ability—Inspired Baltimore's Self-Reliance Also—His Good Record in Office.

BALTIMORE, Feb. 27.—Robert M. McClane, Baltimore's Mayor, proved himself to be the right man in the office when the flames swept the business portion of the city on Feb. 7 and 8. He is only 38 and the youngest Mayor ever elected by the voters of Baltimore.

Mayor McClane is the son of James L. McClane, president of the National Bank of Baltimore, and a nephew of the late Robert M. McClane, former Governor of Maryland and United States Ambassador to France. He is small in stature and slightly built, but well formed and as agile as a trained athlete.

He devotes part of each day to physical exercise, always keeping in trim. He takes delight in hunting, horseback riding, skating and outdoor games. He takes one or two hunting trips each year. His good physique showed to advantage during the trying time through which he has just passed.

First of all Mr. McClane impresses one with his sincerity and honesty of purpose. His hair is black and his face fairly good looking and boyish. He usually wears evening dress, his eyes being slightly weakened from constant study. By profession he is a mercantile lawyer.

In his dressing Mr. McClane is not regarded as somewhat odd. He never wears black clothing nor will any one see him attired in a light colored suit. He always wears mixed colors and shows a preference for gray. His only weakness in the dress line seems to be for fancy colored hose.

He is averse to wearing jewelry. Two seal rings on his fingers, a gold wire ring about his tie and a gold watch and fob are about all articles of jewelry he ever displays.

He usually wears a frock coat extending to his knees, but sometimes changes it for one of the sack pattern. He is addicted to wearing a straight collar of medium height, four-in-hand ties and a flat-top derby hat, the latter having helped to make him known during his campaign. Mr. McClane is regarded as a sort of Beau Brummel.

The Mayor's judgment is of a superior kind. He never loses his head in getting a conclusion that he has to go back. When he comes to a decision he is able to convince others that he is in the right.

This is one of his strongest characteristics, first brought out when he was assistant prosecuting attorney for the State in Baltimore. He probes all matters systematically until he reaches the bottom and when he gets that far he does not remain long undecided.

Mayor McClane is not a practical politician, though he is democratic to the core. He is more of the diplomat. He is a strict party man so far as he goes, but he is not a party man in the sense of the word in every sense of the term. Personal friends or members of his immediate family cannot obtain favors from him to the exclusion of others. During the fire his father and brother asked him for passes to enter the fire zone. They were told they would have to shift for themselves.

Mayor McClane is polite and courteous to all. Even cranks are listened to. He is slow to anger. Even while the fire was at its height and he was importuned by people who wanted to obtain special privileges to offer their services, to make suggestions, to give advice, he never lost patience.

As an orator Mr. McClane holds no rank, but on the hustings he clearly demonstrated that he could impress his hearers. He never speaks from notes. His manner of addressing audiences during his campaign was unlike that of any other speaker and won praise, even from opponents.

Before election Mr. McClane made no promises except to the people. All efforts on the part of politicians to bind him were futile. Mr. McClane listened to all suggestions and considered their requests and demands. Then he told them that the responsibilities were not on the shoulders of the politicians, but upon those of Robert McClane.

He reappointed several men put in office by his predecessor because of their known fitness, one being a Republican. He gave each head of a department absolute control in the matter of appointing and removing his subordinates, and he merely instructed them to follow party lines wherever it could be done with absolute safety. Two of his colleagues on the Board of Estimates, disappointed at the result of their own efforts, charged that the politicians, among his most trusted advisers.

From the time the flames got away from Baltimore's firemen Mayor McClane conducted himself in a manner that has awakened admiration. His conclusions have been intelligently reached, his judgment has been sound, his actions have been liberal and his personal bravery has been many points above par. His great mental and physical endurance and his pluck at times have won him admiration.

The example set by him doubtless had much to do with preventing panic and disorder during and immediately after the fire. His calmness and his ability to more will be able to take care of himself without the outside assistance kindly offered has resulted in his receiving hundreds of complimentary messages from different parts of the United States and Europe. His words to all who offered aid were:

"Baltimore will now enter undaunted into the task of reconstruction. Greater and more beautiful will be the city which will arise from the sad looking ruins, and we will shake of this calamity a future blessing. We are staggered at the blow, but we are not discouraged, and the energy of the city as a municipality, and of its citizens as individuals, will be devoted to a rehabilitation that will not only prove that we are a city of men, but that we are a monument to the American spirit."

Three hours after the fire started Mayor McClane was asked by the fire department authorities if it would not be best to use dynamite to stay the progress of the flames. As a layman, he would not himself decide the question, but called in consultation engineers and experts in the use of dynamite and asked their views. Then he sent messengers to the stone quarries on the outskirts of the city and to other places where the owners kept stock of dynamite. They had on hand to send to the scene of the fire at a moment's notice.

The experts and engineers gave it as their opinion that the only way to check the fire was to blow out an entire block or two. Few blocks were in the path of the flames that did not contain at least one or two houses, and the city was contained one or more vaults holding many millions of dollars in cash and securities. McClane readily saw that to blow them out would mean the inflicting of losses probably irreparable. Depositors, many of whom are poor, would doubtless suffer more than the bankers.

McClane, therefore, refused to allow dynamite to be used. Dynamiting was done only in places where it was thought that the firemen could better get at the flames.

In the first conference of the Mayor, engineers, experts, fire chiefs and members of the Board of Public Safety took place at the headquarters of the salvage company, Liberty street. There the plan of the municipal machinery in motion, telegraphed for the dynamite, attended to a half dozen other things and entered the city district by district, and in company with Chief Surgeon Edwin Geary. He was totally unimpaired in his personal danger.

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